

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>OCTOBER 2015</h1>			1 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo 1:15pm...Shopping	2 9:00am...Benefit Rep 10:00am...Scrabble Club 1:00pm...Yoga
			8 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo 1:15pm...Shopping	9 9:00am...Benefit Rep 10:00am...Scrabble Club 12:30pm...Flu Clinic 1:00pm...Yoga
5 9:00am...Chair Yoga 12:30pm...Ladies' Bridge 12:30pm...Mah Jongg 1:00pm...Alzheimer's Support 6:45pm...Duplicate Bridge	6 8:30am...Trip to Old Mill 9:00am...Painting 9:00am...Senior Strength I 10:00am...Senior Strength II 10:15am...Beginners Bridge	7 9:00am...Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 10:15am...Beginners Bridge 10:30am...Book Chat I 12:30pm...Men's Bridge 1:15pm...Shopping	15 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo 1:15pm...Shopping	16 9:00am...Open Enrollment 10:00am...Scrabble Club 1:00pm...Yoga
12 CLOSED FOR COLUMBUS DAY	13 9:00am...Painting 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Current Events 1:00pm...Ladies' Bridge	14 9:00am...Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 12:30pm...Men's Bridge 1:15pm...Shopping	22 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo 1:15pm...Shopping	23 9:00am...Open Enrollment 10:00am...Journey with Sally 10:00am...Scrabble Club 1:00pm...Yoga
19 9:00am...Chair Yoga 10:15am...Artist in You 12:30pm...Ladies' Bridge 12:30pm...Mah Jongg 6:45pm...Duplicate Bridge	20 9:00am...Painting 9:00am...Senior Strength I 10:00am...Senior Strength II	21 9:00am...Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 10:30am...Book Chat II 12:30pm...Men's Bridge 1:15pm...Shopping	28 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo 1:15pm...Shopping	30 9:00am...Open Enrollment 10:00am...Scrabble Club 1:00pm...Yoga
26 9:00am...Chair Yoga 10:15am...Artist in You 12:30pm...Ladies' Bridge 12:30pm...Mah Jongg 1:00pm...Armchair Travel 2:30pm...Egret's Landing Café 6:45pm...Duplicate Bridge	27 9:00am...Painting 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Current Events 1:00pm...Ladies' Bridge	28 9:00am...Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 12:30pm...Men's Bridge 1:15pm...Shopping	29 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo 1:15pm...Shopping	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 2015			1 Beef Vegetable Soup Roast Turkey with Gravy Mashed Potatoes Sliced Carrots Brownie <i>(Tuna on Marble Bread)</i>	2 Onion Soup with Crouton Veal Parmesan Seasoned Shells Italian Vegetables Lemon Pudding <i>(Egg Salad on Italian)</i>
5 Chicken Noodle Soup Liver & Onions with Gravy Baked Potato Capri Blend Vegetables Sliced Peaches <i>(Chicken Salad on Rye)</i>	6 Juice Beef Stroganoff Buttered Noodles Scandinavian Blend Vegetables Shortbread Cookie <i>(Salmon Salad on a Roll)</i>	7 Tomato and Rice Soup Chicken Cordon Bleu Red Bliss Mashed Potatoes Broccoli Cuts Spumoni Ice Cream <i>(Meatloaf on Wheat)</i>	8 White Chowder Antipasto Salad (Assortment of Meats and Cheeses) Tapioca Pudding <i>(Pastrami and Swiss on Multi-Grain)</i>	9 Pasta and Bean Soup Meatball Sub on Grinder Roll Tomato & Cucumber Salad Fresh Fruit <i>(Italian Grinder)</i>
12 CLOSED FOR COLUMBUS DAY	13 Venus Di Milo Soup Chicken Cacciatore Oven Roasted Potatoes Winter Blend Vegetables Pudding <i>(Tuna on Oatmeal)</i>	14 Lemonade Low Sodium Hot Dog on a Roll Baked Beans Asparagus Sliced Pears <i>(Hamburger on a Roll)</i>	15 Chicken Soup American Chop Suey Elbow Pasta Brussel Sprouts Frosted Cupcake <i>(Turkey and Cheese on a Croissant)</i>	16 Red Chowder Country Crisp Fish Wild Rice Cole Slaw Hoodsie Cup <i>(Chicken Salad on Wheat Roll)</i>
19 OJ Scrambled Eggs with Sliced Tomato Crispy Cubes Home Fries 2 Sausage Links Fresh Fruit Cup	20 Vegetable Soup0 Fried Steak with Country Gravy Mashed Potatoes Green beans Fruit Cocktail <i>(Tomato & Mozzarella on Multi-Grain)</i>	21 Chicken Escarole Soup Baked Ham with Glaze Rice Pilaf Carrot & Raisin Slaw Fresh Fruit <i>(Chicken Loaf on Wheat)</i>	22 Lentil Soup Stuffed Pork Chop Ratatouille Mandarin Oranges <i>(Shrimp Salad on Rye)</i>	23 Minestrone Soup Grilled Chicken Caesar Salad (romaine/croutons & grated parmesan cheese) Coffee Cake <i>(Corned Beef & Swiss on Pumppernickel with Small Salad)</i>
26 Potato and Leek Soup Stuffed Cabbage with Sauce Seasoned Spinach Garlic Bread Vanilla Pudding (Bologna & Cheese on Multi Grain)	27 Kale & Bean Soup Italian Sausage w/Peppers & Onions Steamed Zucchini Sports Bar <i>(Chicken Sausage on a Roll)</i>	28 Clear Chowder Crab Cake with Tartar Sauce Potato Log 3 Bean Salad Chocolate Chip Cookie <i>(Chicken Salad on a Croissant)</i>	29 Beef Barley Soup Stuffed Chicken with Gravy Rice Pilaf California Blend Vegetables Fresh Fruit <i>(Italian Tuna on Wheat)</i>	30 Goblin's Chicken Soup Raven's Beef with Mushrooms, Pearl Onions in Wine Sauce Mashed Potatoes Witch's Mixed Vegetables Pumpkin Patch Pudding <i>(Scary Seafood Salad)</i>